

Practice Activities

Violin/Viola

- 1) Make 5 bow hands on the bow. Keep the bow pointed at the ceiling.
 - a) Is your thumb in the right place (on the stick right next to the frog)?
Check the pictures on the website or in the binder to see.
- 2) Make your playing position and practice touching the neck of the violin or viola with your left thumb and magic line. Check the pictures in the binder or on the web site to make sure it looks correct.
 - a) Remember, your hand wants to “grab” the instrument, don’t let it!
Get used to just touching the neck of the violin or viola!
- 3) Go to playing position and practice tapping your first finger (left hand) on the shoulder of the instrument. Can you tap along with the recording of “Donde Estás Yolanda?” on the website?
 - a) Remember to keep your wrist straight and your thumb relaxed when you do this exercise.
 - b) You can see pictures and a video on the website to help remind you what to look for!
- 4) Practice the basic bow patterns with the bow on your shoulder. You can see a video reminder on the web site. Remember, we move the bow by opening and closing our elbow. Your hand should stay totally relaxed!
 - a) The rhythms are:
 - 1) Running Running Walk Walk
 - 2) Down Wiggle Up Wiggle
 - 3) Ice Cream (sh!) Cone
- 5) Play the 3 basic bow patterns on the open strings of your instrument. Remember, no squeezing or pressing on the bow. Listen for a beautiful sound!